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Animal Rights Fund



ARF Newsletter

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The Editor's Voice
*You are having enormous potential
about yourself.*

We were having serious discussion about our health. My friends were very much surprised when I told about my health. From last 7 years I don't have headaches, fever, no cold or vomiting or any food poisoning etc. etc. My body is fit and fine & I have never taken a day off from my work. All this is because I am Vegan and I don't have any bad habit. I have the will power that can discard any habit instantly.

The topic moved to faith healers on which I have my own experience. A few years back based on the recommendations by a powerful personality a faith healer came to cure me. My logical brain instantly made him out. Alas, my long time friend who was very close to me came in his clutches. He succeeded in splitting both of us and now they have gone to court about the property that actually belongs to the trust. Incidentally, his signature is there in the document that they have produced in the court.

Faith Healers as per Wikipedia states that the American Cancer Society in its statement says that "available scientific evidence does not support claims that faith healing can actually cure physical ailments." "Death, disability, and other unwanted outcomes have occurred when faith healing was selected instead of medical care for serious injuries or illnesses." When parents use faiths healing in the place of medical care, many children have died that otherwise would have been expected to live. Similar results are found in adults.

Always be associated with positive & supportive people. When you are surrounded by negative people who constantly put you and your ideas down, your self-esteem is lowered. On the other hand, when you are accepted and encouraged, you feel better about yourself in the best possible environment to raise your self-esteem.

Follow your dream even if only one person is there. My dream is to see that they the entire world will turn vegan. Keep one pursuing till the last breath, one day you will become victorious.

*"Dr. Nandita Shah in Bangalore
will address Health Heart Club."*

Date: Sunday 2nd March, 2014

Time: 9.00 am - 11.00 am

**Venue: Karnataka Hockey Stadium, Langford
Gardens, Bangalore – 560025**

If you have been told by your doctor that diabetes or hypertension is irreversible and that you will have to take medications all your life then find out how hundreds of people have successfully come off medications and got their health back!

This program is based on scientific evidence and gives you practical guidelines about the best way to eat in order to re-create health.

HIGH BLOOD PRESSURE AND CARDIOVASCULAR DISEASE: Learn how to reverse most cases of high blood pressure, clogging of the arteries, high cholesterol and abnormal lipid profiles. Reduce your need for blood thinners, anti-hypertensives and cholesterol reducing drugs.

Try the vegan diet to lose weight!

Why going vegan is good for your weight loss plan?

Fewer calories in plant-based food: Meat, eggs, and dairy products – foods that make up a large portion of many people's diets – are high in saturated fat, calories, and cholesterol. Animal flesh is designed to store calories making it one of the worst things to eat to get the weight off, and to keep it off. Even supposedly 'lean' cuts of meat derive at least 20 to 40 per cent of their total calories from fat, and the so-called 'low-fat' dairy products are packed with fat and cholesterol compared to fruits, vegetables, legumes, and whole grains.

Reduced risk of health problems: People who eat animal-based foods are much more likely to be obese and suffer from obesity-related diseases, including diabetes, high blood pressure, strokes, heart attacks, and some forms of cancer than vegans (vegetarians who do not eat any form of animal products including dairy). Of course, there are overweight vegans and skinny meat-eaters, but research shows that the average vegan is 18 per cent leaner than his or her meat-eating counterpart.

Vegan foods boost metabolism: In general, it's just easier to maintain a healthy weight if you eat vegan foods because they tend to be naturally low in fat and calories. Plant foods are also high in fibre and complex carbohydrates which help boost your metabolism, so you burn more calories. According to an American Academy of Dietetics and Nutrition report, people who eat vegan meals not only have lower body weight than meat-eaters, they are also less likely to suffer from cancer, diabetes, heart disease and high blood pressure.

Pointers for a vegan weight loss diet plan

As a nutritionist, I urge people to eat low-fat plant-based meals that are rich in vitamins, minerals and cancer-fighting phytochemicals. Here are some simple ways to incorporate more healthy plant-based foods into your diet:

- Choose mock meat instead of chicken flesh, veggie burgers rather than meat burgers and tofu over paneer and eggs.
- Enjoy popular vegan staples such as your favourite vegetable subzis and dals minus the cream, butter and ghee.
- Skip the eggs at breakfast, and have oatmeal with almond or soy milk topped with fresh fruit.
- Whip up some vegetable-rich pasta or Chinese noodles, bean and spinach burritos, or a Thai vegetable curry for a hearty and nutritious dinner. You can find vegan recipes here.
- Just be sure to base your diet around fruits, vegetables, whole grains, pulses and soya foods. With these tasty dishes, you'll soon see how easy it is to eat vegan food all-year-round.

Sample vegan weight loss diet plan

Dr Nandita Shah, Founder of SHARAN (Sanctuary for Health and Reconnection to Animals and Nature) and a vegan, gives out a sample vegan meal plan for people who want to lose weight.

To achieve optimal results, keep these in mind:

- Make sure everything used is made of whole plant-based ingredients.
- Say no to refined or processed foods.
- Do not peel any vegetables except onions and garlic.
- Use organic ingredients where possible.

Diet plan

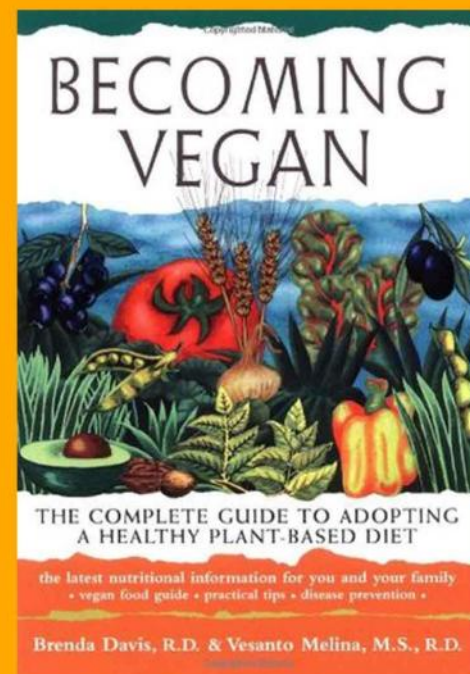
Early morning – Fruits whole (not juice)

Breakfast – Idli-sambhar/parathas-chutney and vegetables/poha/muesli with soya milk or any breakfast which is made only from whole grains and unpeeled vegetables.

Lunch – Salad, roti/rice, daal, subzi

Snacks – Sprout chaat/fruit

Dinner – Vegetable soup, roti/rice, daal, subzi



Every day, more people are shifting toward a plant-based diet without meat, eggs, and dairy products, and avoiding animal products in their cosmetics, clothing, and other household items. *Becoming Vegan* provides the information you need to eat well on a vegan diet and provide nutritious vegan meals for your family and friends.

Vegan Potluck



We will be meeting at 2:30 PM at Rani Park (Lawn across the road from the Chinnaswamy Stadium, behind the Victoria statue, near the MG Road / Kasturba Road junction) and have the picnic spread there.

Date: 22nd February, 2014

For Further enquiry Call:
Mr. Arun V. Rangasamy
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Respect Life in all forms Go Vegan

by Faizan Jaleel

My name is Faizan Jaleel residing at New Delhi. I have an honours degree in chemistry along with a Masters in Social Work. I also possess a Degree in Management.

I have worked with animals for a long time but earlier it was all on the other side of compassion, generally promoting dairy for livelihoods, creating business plans on the capacity of the poor cow or buffalo to yield milk and be productive for a number of years. Separately accounting for the number of male calves that can be institutionally sold for veal. Life was normal and that was the job I meant to do, however I can never forget the look of distress and extreme pain in the eyes of these animals. I could not stand the site of calf being taken away from the cow or the male calf not being fed for days altogether by the owners till the time it dies and then using the straw filled skin of that calf for the mother cow or buffalo to let down the milk. It was pathetically inhumane even at that time when I had no clue about animal welfare. It was in early 2000 that I was doing all this.

I could never forget the pain of those animals and it remained with me and as a result of all this I gave up consuming milk (only milk). Then in the year 2009, I incidentally stumbled upon this movie called "Earthlings" - which I

believe each of us watched at some point in our lives - and watching it changed me completely.

The very thought of feeding upon a living beings life or using them for our benefit or fun started to repulse me and my wife as well. Both of us turned Vegans from that point.

And honestly, once that feeling was evoked, being vegan was the easiest decision of my life, it didn't require any extra effort from me at all. It came naturally and as a natural choice.

Adopting veganism, made me a better human being, the anger that was there somehow subsided, I started doing more for animals and felt light, not only because of the extra 20 kgs that I was carrying (I clocked around 100Kgs at that time) but also because of the feeling of being guilt free for once in life and truly respectful of all the life forms.

Indeed being vegan comes with its own set of challenges, especially in your friends circle, initially they were startled to know but then as true friends respected my choice and the same was the reaction of the family. Being a Muslim, it was indeed a little difficult to denounce meat and allied products but as such the family believes in freedom of choice and the very fact that Islam is not about eating or not eating meat, it is beyond such choices. Yes Allah has made available everything for humans including the animals but Allah has given us a sound mind and reason as well to choose with compassion and make our own choices. There is a clear difference here. The Quran (holy book of Muslims) refrains you from consuming certain animals but doesn't promote eating others.

Into the 36th year of my life, I feel I discovered true purpose and meaning of life a little later and always pray that the human race understands the virtue of life of all the creatures that co exist with us sooner, much sooner.

And for all those who want to turn vegan, try veganism, thinking of turning vegan or may think of turning vegan, please take my word for it - there is nothing more normal and easier than this. It is just a matter of making the right choice and being conscious of the pain and suffering that we many times unknowingly inflict on animals.

Being vegan doesn't make me special, it made me what I should be - a human being, in peace with all others with whom I co exist. Nothing else changes, I enjoy the same music, the same dishes just without the dead in them and I just love the surge of energy in me. I have not lost a single friend due to my choice, in fact only added up a lot many who share the same interests and are awakened from their state of compromised conscience.

Temporary vegan on the rise

London, Jan 26 (IANS) More people are opting for vegan diet for seven or 30 days, reveals the Vegan Society.

The temporary menu of people, who pledge to vegan, consists of animal-free products or by-products.

According to BBC, Vegan Society has found that there were 40 percent more people signing up to this temporary menu in the first two months of 2013 compared with the same period in 2012, reports femalefirst.co.uk.

Juliet Gellatley, director of the vegan and vegetarian group Viva, says most people do it either for health concerns or because they have developed greater awareness of animal rights.

"People might be prone to heart disease or want to get their cholesterol down. Or it might be because they've seen something on factory farming. But once people turn to veganism, they usually open their minds to the other issue too," said Gellatley.

"The third factor, which is more unusual, is environmental reasons such as global warming or deforestation," she added.





Slow Cooker Curried Cauliflower Soup

Ingredients

- 1 tbsp. olive oil
- 1 diced onion
- 3 cloves minced garlic
- 1 cup diced or shredded carrots
- 2 stalks diced celery
- 1 head cauliflower, cut into florets
- Salt and fresh pepper
- 1-3 tbsp. curry powder or paste
- 1 bay leaf
- 1 quart vegetable stock
- 4 tbsp. nutritional yeast



Cooking Directions

1. Heat the olive oil over medium heat in a medium size pot.
2. Add the onion, garlic, carrots, celery. Cook for 8-10 minutes until softened and fragrant.
3. Add the cauliflower florets and saute for 5 minutes. Add the bay leaf, salt, pepper, and vegetable stock.
4. Cook for 15 minutes or until cauliflower is completely soft. Using an immersion blender (or regular blender in batches) blend the soup, adding the nutritional yeast. Taste again and season with salt and pepper if needed.



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